

# OUR PUBLIC HEALTH

CITY OF MANCHESTER HEALTH DEPARTMENT



ISSUE ONE

SERVING THE PUBLIC SINCE 1885

FALL 2001

## A Message from the Public Health Director

### *The Environment and Public Health Inextricably Linked*

Over 100 years ago, health departments were established throughout the country to address growing environmental concerns related to water, sewage disposal, air pollution, living environments, and our food. Over the last several decades the relationship of the environment and health has all but been dropped from the public health agenda in favor of increased emphasis on access to health care. Instead, state environmental agencies have been created to address land, air, and water pollution. Recent research is fueling a growing understanding about the important influence that today's physical environment has on our health.

We don't need to travel to another country to find environmental conditions that put humans at risk. In Manchester, children still get poisoned from lead in their homes every year. In fact, last year a two-year old child died from lead poisoning that was linked to lead from a Manchester dwelling. Elevated levels of lead in children can leave them with behavioral problems and intellectual deficits throughout their lives. Yet, even though we have known about the hazards of lead paint for years, as a society we still have not found the will or the means to eliminate this hazard to our children.

Over the past couple of decades, the incidence of asthma has doubled. Much of this increase is attributed to environmental "triggers" both in the home and in community environments. Based on a school survey conducted last year, parents responses indicate that over 10 % of our children have been diagnosed with asthma. The incidence of asthma continues to rise in the United States and Manchester will likely experience a commen-

surate increase in cases. The US Environmental Protection Agency examines the cumulative exposure to "air toxics" total lifetime cancer risk as a result of such exposure. It's no surprise that the greatest risk is associated with areas with greater air pollution, often resulting from heavy vehicular traffic.

Recent research has identified that the environment also influences other health issues such as heart disease. Individuals who live in congested center city neighborhoods are more likely to experience heart disease even after the population is adjusted to rule out other heart disease risks. Still other studies have identified the health benefits of living in close proximity to parks and other green-space for exercise and respite from life's stressors.

Manchester's environment is a common denominator for the health of all residents. The time has come to return to one of the bases for establishing public health in the first place and to reconnect the important link between public health and the environment we live in. Like every other urban setting in the country, we will be challenged in the coming years to develop healthy environments that are accessible to all. When we accomplish this the health and quality of life of residents will improve and our public health will be assured.



Frederick A. Rusczek, M.D.  
Public Health Director

## QUESTIONS AND ANSWERS ABOUT WEST NILE VIRUS (WNV)

### **What is West Nile Virus?**



The WNV is a virus that lives in some birds and may be transmitted to humans by mosquitoes. The virus can cause human illness that in very rare instances can be severe. Most people who get WNV have no symptoms at all. Other may experience mild illness such as headache, fever, swollen glands and body aches. In some individuals, particularly the elderly, WNV may cause neurological problems, encephalitis (inflammation of the brain) and in some cases, death. Persons older than 50 years of age have the highest risk of severe disease.

### **How Do People Contract the Virus?**

Humans become infected with the virus

(Continued on page 3)

### **Inside this issue:**

<i>Public Health Director's Message</i>	1
<i>Kickin' Butts Strikes Another Anti-Tobacco Match</i>	2
<i>On the Road with the Dental Program</i>	4
<i>New Employees</i>	5
<i>Food Safety Tips</i>	5
<i>Older Adults Need Shots, Too!</i>	4
<i>Assessing Maternal and Child Health Disparities</i>	2
<i>Neighborhood Van Schedule Calendar</i>	6
<i>Television Series: "Our Public Health"</i>	3
<i>Things Worth Remembering</i>	2
<i>Retirement</i>	5
<i>Questions and Answers About West Nile Virus</i>	1

# KICKIN' BUTTS STRIKES ANOTHER ANTI-TOBACCO MATCH



**KICKIN' BUTTS**  
in manchester



Kickin' Butts in Manchester Tobacco Prevention Coalition will expand their current program and tobacco prevention efforts over the next year and team up with Makin' It Happen to create greater youth involvement for tobacco prevention. The Coalition recently received a grant from the NH Dept. of Health and Human Services, as part of the Tobacco Settlement Funds allocated to New Hampshire, to enable Manchester to expand its existing tobacco prevention efforts in Manchester schools. Kickin' Butts, a coalition of community agencies that include Catholic Medical Center, Elliot Hospital, the American Cancer Society, the American Lung Association, Manchester Health, Police and Fire Departments, the Office of Youth Services and the American Heart Association, and Makin' It Happen, provide tobacco prevention education and grassroots advocacy, in an effort to reduce tobacco use in

Manchester. This year, the Coalition will focus on building strong youth, community and school wide support for smoke free schools and college campuses.

New Hampshire has one of the highest smoking rates in the nation. We believe, based on data derived from a survey conducted in 1995 of youth in Manchester, that nearly 30% have ever tried smoking and some middle school students report beginning smoking as early as age 8.

The Centers for Disease Control recommends a comprehensive approach to tobacco control that requires partnerships and community alliances. To be successful, anti-tobacco efforts need the support of the public and private sectors. The Kickin' Butts Coalition has demonstrated its commitment to developing community partners and continues to foster these relationships.

Major initiatives planned for the coming year include the implementation of Operation Storefront, a successful counter-marketing effort highlighting the manipulative methods used by tobacco companies to entice young kids to smoking. Additional collaborative partners are the American Cancer Society, to develop smoke free college campuses at two Manchester post-secondary schools, and the Manchester Youth Soccer League and Manchester Girl's Softball league to enhance the Smoke Free Sports and Kids project.

For additional information or to become involved in the Coalition's efforts, call MaryAnn Cooney, School Health Supervisor, at 624-6466.

**Submitted by:**  
**MaryAnn Cooney, M.S., R.N., C.**  
**School Health Nurse Supervisor**

## ASSESSING MATERNAL AND CHILD HEALTH DISPARITIES IN THE CITY



Armed with an \$18,300 grant from the New Hampshire Department of Health and Human Services, the Manchester Health Department is conducting a needs assessment and data analysis in an attempt to describe community health disparities among Manchester's maternal and child health populations. Health disparities can be defined as "...the differences in the incidence, prevalence, mortality and burden of diseases and other adverse health conditions that exist among specific population groups (National Institutes of Health, 2000)". Health disparity is woven throughout the life experiences of Manchester residents by different threads of gender, race or ethnicity, education or income, disability, geographic location or sexual orientation; however, little has been done to measure

and define Manchester's current maternal and child health needs by these variables.

For the purposes of this assessment, a variety of data sets will be explored, to include, but not limited to, birth certificates, school health records, hospital admissions, immunization records and dental screening records. Other quality of life measures such as economy, education, public safety, and the psychosocial determinants of health and physical environment will be included to further describe the living conditions in which Manchester's families function and thrive as well as the psychosocial determinants

of maternal and child health. The final report will be made available by mid Fall 2001.

At the conclusion, we hope to provide a useful starting point

for further study as well as recommendations for health care system changes. For more information, please contact Anna Noetzel, Public Health Epidemiologist in

the Public Health Assessment and Improvement Division at the Manchester Health Department, (603) 624-6466 ext. 341 or by e-mail: anoetzel@ci.manchester.nh.us.

**Submitted by:**  
**Anna Noetzel, Public Health**  
**Epidemiologist**

## Things Worth Remembering:

*The value of time  
The success of perseverance  
The dignity of simplicity  
The worth of character  
The virtue of patience  
The wisdom of economy  
The power of kindness*

**Submitted by:**  
**Terry Tolman, RDH**



*"Health Disparity is woven through the life experiences of Manchester residents by different threads of gender, race or ethnicity,....."*

*(Continued from page 1)*  
 as a result of a bite from a mosquito infected with WNV. Mosquitoes are infected by biting an infected bird. You or your child cannot get WNV from a person who has the disease. WNV is not spread by person-to-person contact such as touching, kissing or caring for someone who is infected.

**Can You Get WNV Directly From Birds?**

WNV cannot be spread directly from birds to people. However, dead birds should not be handled with bare hands. If a dead bird must be handled, use a shovel or gloves to move the bird into a double plastic bag and then place the dead bird in the outdoor trash.

**Where Did the West Nile Virus Come From?**

Outbreaks of WNV have occurred in Egypt, Asia, Israel, South Africa, part of Europe and Australia. Before 1999, the WNV had not been found in the United States. Plausible explanations are that an imported bird or an infected human returning from a country where the virus is common introduced the virus.

**Where Has the Virus Been Found?**

Since 1999, infected birds have been reported in several Mid-Atlantic States including New Jersey, New York and Maryland. Infected birds have been reported from all New England states except Maine.

**I Have Gotten a Mosquito Bite. Should I be Tested For WNV?**

No. Even in areas where WNV has been detected, most mosquitoes are not infected. However, you should contact your health care provider if you develop symptoms such as high fever, confusion, muscle weakness, and headaches, stiff

neck or if you become sensitive to light.

**What Can I Do to Reduce My Risk of Becoming Infected with WNV?**

From April to October, when mosquitoes are most active, take the following precautions:

- If outside during the evening, nighttime and dawn hours, children and adults should wear protective clothing such as long pants, long-sleeved shirts and socks
- If outside during the evening, nighttime and dawn hours, consider the use of an insect repellant containing 10% or less DEET (N, N-diethyl-methyl-metoluamide) for children and no more than 30% for adults
- Use DEET according to manufacturer's directions.

**What Can I do To Control Mosquitoes?**

The type of mosquito most often found to carry this virus can multiply in very small amounts of water, as little as ½ cup. The best means of prevention of WNV disease in humans is the control of mosquito breeding areas. The following checklist is provided to assist you in identifying and eliminating potential mosquito breeding sites on your property.

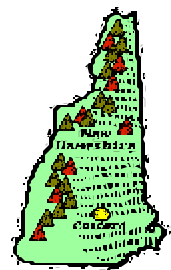

- Eliminate all sources of stagnant water
- Turn over wheelbarrows, canoes, watering cans or buckets stored outdoors
- Contain trash in tied bags and keep covers on trashcans at all times to eliminate collection of precipitation
- Drill holes in bottoms of container which are left outdoors
- Remove unwanted tires, store other tires under cover to avoid the collection of rainwater
- Landscape areas where water collects to allow for storm/snowmelt runoff
- Fill in areas prone to puddling
- Clean rain gutters annually and keep

- them running free
- Keep large swimming pools clean and chlorinated
- Aerate fountains and wishing wells
- Keep kiddie pools turned over when not in use; change water every 1-2 days
- Keep pool covers free from collected water
- Change the water in birdbaths every 4 days
- Keep drains, culverts and ditches clean of trash and weeds so water will drain properly
- Repair leaky outdoor faucets
- Fill in hollow stumps with sand or concrete
- Keep lawn mowed and shrubbery trimmed around the house so they do not provide rest areas for adult mosquitoes
- Do not discard grass clippings and lawn debris in storm drains or ditches
- Check bulkheads and cellar doorways for standing water
- Check air conditioning trays
- Repair faulty septic systems
- Use screening to keep mosquitoes from entering a barn area and other areas where a water source is available-be sure these areas are free of mosquitoes before screening
- The use of fans may also be helpful in reducing mosquito access to these areas
- Thoroughly clean livestock watering troughs monthly, empty is not used consistently

**What is the role of the Manchester Health Department in addressing WNV?**

The Health Department continues to trap mosquitoes and collect dead birds. All specimens are sent to the NH Public Health Lab for analysis for WNV. To report a dead bird Manchester residents may call the Health Department at 624-6466 extension 325 OR the Manchester Police Department Animal Control Division at 668-8711 extension 441.

**Submitted by:**  
 Division of Environmental Health

	<p><b>“Our Public Health” Television Series            On Manchester Community Television            Government Access—Channel 22</b></p> <table style="width: 100%;"> <tr> <td style="width: 20%;">September:</td> <td>“Food Safety”</td> </tr> <tr> <td>October:</td> <td>“Breast Cancer Awareness”</td> </tr> <tr> <td>November:</td> <td>“Staying Healthy During The Winter”</td> </tr> <tr> <td>December:</td> <td>“World Aids Day”</td> </tr> </table>	September:	“Food Safety”	October:	“Breast Cancer Awareness”	November:	“Staying Healthy During The Winter”	December:	“World Aids Day”	
September:	“Food Safety”									
October:	“Breast Cancer Awareness”									
November:	“Staying Healthy During The Winter”									
December:	“World Aids Day”									



## ON THE ROAD WITH THE DENTAL PROGRAM

It's 8:00 A.M. on Monday morning Health Department Public Health Dental Hygienists Terry Tolman and Irene Coulon climb into the 31-foot mobile dental van and prepare to drive to Weston school where they will be providing dental cleanings this week. During the previous week, they screened the mouths of 420 children from grades one through four in order to assist the school nurse with the general health screenings provided for the students. Those found to have dental needs and no other access to professional care are offered preventive services on the dental van. With written parental consent and a health history, cleanings, fluoride treatments, and referrals are provided.

The Dental Program began in 1970. Terry and Irene "came onboard" in 1979 and have been "mobile" ever since. The first dental van was provided through the



Federal Model Cities Program to "provide access to preventive dental care for Manchester's school children". The current dental van was a gift in 1999 from the Manchester Kiwanis Club to continue and expand the dental health mission to serve needy children.

With the publication of the Surgeon General's Report on "Children and Oral Health" in June 2000, came national recognition of the problems of dental disease, its effect on overall health, and lack of access to professional dental care for about 25% of the population. Nationally, 52 million hours of school are missed on

an annual basis by children suffering the pain of tooth decay and infection.

The Health Department Dental Pro-gram sees over 4000 Manchester children yearly and provides direct preventive care to approximately 800 youngsters. Through education, prevention, and community collaboration, the Dental Program will continue to work towards improving the oral health of Manchester's citizens, especially the most vulnerable children.



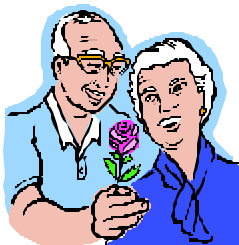
**SMILE MANCHESTER!**

For information on dental services, call 624-6466 extension 318 or 319.

**Submitted by:**  
**Irene Coulon, R.D. H.**

## OLDER ADULTS NEED SHOTS, TOO!

Many individuals think that vaccines are still just for children. However, older adults require vaccines to protect their health as they age. Influenza vaccine and pneumococcal vaccine are two vaccines which adults should discuss with their health care providers.



**Protecting Older Adults From Influenza**

Influenza is a highly infectious viral illness. The pandemic of "Spanish flu" in 1918-19 was the cause of an estimated 21 million deaths (Centers for Disease Control and Prevention, 2000). Those who have contracted influenza in the past may recall an abrupt onset of fever, chills, body aches, headache, sore throat and nonproductive cough. Symptoms may last from 2 to 5 days and usually results in time lost from work and an up-

set in one's personal schedule.

Complications from the flu may be serious in older individuals. The most frequent complication of influenza is secondary bacterial pneumonia. Other complications may include inflammation of the heart and/or an exacerbation of chronic bronchitis and other pulmonary diseases. Death is reported in 0.5-1 per 1,000 cases, with the majority of deaths occurring in individuals 65 years of age and older (Centers for Disease Control and Prevention, 2000). All persons 50 years of age or older should consider receiving the flu vaccine during the fall months. Flu shots must be administered on an annual basis and adverse reactions are rare. The most common side effects are local reactions at the injection site. If one is allergic to eggs, it is important to let the health care provider or Community Health Nurse know prior to receiving the shot. Older adults as well as anyone interested in protecting themselves from the flu are encouraged to call their health care provider or the Manchester Health Department at 624-6466. Flu shots are provided by the Manchester Health Department during the fall months.

## ***Pneumococcal Pneumonia Can Now Be Prevented!***

Pneumococcal pneumonia is caused by *Streptococcus pneumoniae*, a bacteria which causes wide-spread illness and death. Pneumococcal pneumonia is characterized by an abrupt onset of fever, shaking chills, productive cough, chest pain, difficulty breathing, rapid heart rate and weakness. Many individuals who contract pneumonia are hospitalized. The recovery period is usually prolonged for older individuals. The case fatality rate is 5-7%, but may be significantly higher in the elderly population. Pneumococcal disease may also cause infections of the blood and meningitis, both of which cause more fatalities among older adults (Centers for Disease Control, 2000).

The good news is that now pneumococcal disease can be prevented with a shot! The pneumococcal vaccine is recommended for adults who are 65 years of age or older and younger adults with specific medical problems. Some individuals only need to have the shot once. Others

*(Continued on page 5)*

(Continued from page 4)

may need a booster dose, particularly older adults who were vaccinated when they were less than 65 years of age. The Manchester Health Department provides pneumococcal vaccine for a fee of \$10.00 during walk-in Immunization Clinics which are held during the following times:

Monday: 1:30 - 3:30 pm  
 Tuesday: 9:00 - 11:30 am  
 Wednesday: 9:00 - 11:30 am

Vaccines are also provided on the Neighborhood Public Health Van. Please call 624-6466 for the times and locations.

It is important for all older adults to consider receiving the flu and pneumococcal vaccine even if they enjoy good health! Vaccines are the best example of primary prevention and our best defense against preventable diseases.

**Submitted by**  
**Susan Gagnon, R.N., M.Ed.**  
**Public Health Specialist**

## Manchester Health Department Welcome New Employees!



### Community Health Division:

Nancy Banister, RN, BSN, Community Health Nurse  
 Selma Mehinovic: Translator  
 Quoc Khanh Ha Le: Translator

### Administrative Staff:

Kerry Kellogg: Adm. Assistant II

### School Health Division:

Karen Hunt, RN, BSN  
 Jean Boyce, LPN  
 Mary Ann Heustis, RN  
 Evelyn Houle, RN  
 Jeanne Goley, RN  
 Carol Guinta, RN, BSN  
 Marylou Moreen, RN

## FOOD SAFETY TIPS



With summer almost over and only the memories of a season of warm weather remaining, food safety continues to be a concern. Gardens continue to flourish with more fresh vegetables every day. Outdoor activities like barbecuing and traveling add to the excitement of fall. Enjoy the cooler temperatures and the beautiful colors of fall, but keep in mind that a bout of food-borne illness will not add to your fall enjoyment.

### **Food safety measures:**

- Wash hands frequently with soap and water
- Keep cold foods cold and keep hot foods hot
- Poultry should be cooked to an internal temperature of 165° F. Hamburgers should be cooked to an internal temperature of 155° F (they should never be pink in the middle).
- Do not eat raw or undercooked eggs. Raw eggs may be unrecognized in some foods such as hollandaise sauce, Caesar salad dressing, homemade ice cream, cookie dough, and frostings
- Do not use utensils, cutting boards or plates for cooked foods if they have already been used with raw foods



## RETIREMENT

A word that is so powerful, you can almost taste the sun, fun and just plain relaxation. Robert "Bob" Sauvageau retired from the Manchester Health Department on July 20, 2001. We are already feeling the loss of his presence. He meant many different things to those of us at the Manchester Health Department.



Bob (left) receiving the "key to the city" from Mayor Baines (right).

Bob was well liked by all his fellow employees and was admired for his work ethic, his family values and his commitment to his job. Bob was always willing to "go the extra mile" to help a co-worker. He will always be remembered for his smile and consistently positive attitude. Everyone at the Manchester Health Department wishes Bob and his wife Pauline, many years of health and happiness.

### **Traveling tips:**

- If traveling by car, keep cold food in a cooler. Do not let things stand in a warm car.
- If you are traveling to a developing country be aware of the possible illnesses from food. Having "traveler's diarrhea" can ruin your vacation. Some of the foods to avoid are: raw fruits and vegetables; raw or undercooked seafood or meat; and tap water (including ice cube, om-tap water that may be in your drinks).



**Submitted by:**  
**Irene Proulx RN, MS**  
**Public Health Specialist**

# The Neighborhood Public Health Van is on the Road!

Now that fall is approaching the school year is about to begin! Children need immunizations in order to start the school year. The Manchester Health Department Mobile Van provides area families the opportunity to access immunizations for their children at convenient locations and times. Someone is always on the van to assist individuals and families whose primary language is Spanish. Stop by and say hello!

**Submitted by:**  
**Patricia Turcotte, B.S.N.**  
**Public Health Specialist**



The Manchester Health Department Neighborhood Public Health Van is offering the following free services for your convenience:

- ♦ Adult tetanus shots
- ♦ Childhood immunizations (parent/legal guardian must be present with immunization record)
- ♦ HIV/AIDS counseling & testing (Results available for HIV testing done at the Manchester Health Department)
- ♦ Blood pressure screening
- ♦ TB (Tuberculosis) screening
- ♦ Hepatitis B screening & vaccine
- ♦ Information about Sexually Transmitted Diseases
- ♦ Height & Weight checks
- ♦ Other health information
- ♦ Childhood lead screening
- ♦ Substance abuse treatment referral
- ♦ Prevention Case Management for at risk individuals

## Van Schedule for September

### • Tuesday 9/04/01

Spruce & Union St  
3:30 to 5:00 PM  
Spruce & Wilson St  
5:00 to 6:30 PM

### • Thursday 9/06/01

Pine & High St  
5:00 to 7:00 PM

### • Tuesday 9/11/01

New Horizons  
199 Manchester St  
3:00 to 4:30 PM  
Manchester Community  
Resource Center  
177 Lake Ave  
5:00 to 7:00 PM



### • Thursday 9/13/01

Lincoln & Concord St  
4:30 to 6:30 PM

### • Tuesday 9/18/01

Conant & South Main St  
4:30 to 6:30 PM

### • Thursday 9/20/01

Ken's Pharmacy  
36 Elm St  
3:30 to 6:30 PM

### • Tuesday 9/25/01

Vista Foods, East  
Wilson & Valley St  
4:30 to 6:30 PM

### • Thursday 9/27/01

Bedford & Mulsey St  
5:00 to 7:00 PM

## Van Schedule for October

### • Tuesday 10/02/01

Spruce & Union St  
3:30 to 5:00 PM  
Spruce & Wilson St  
5:00 to 6:30 PM

### • Thursday 10/4/01

Brook & Temple Ct  
5:00 to 7:00 PM

### • Tuesday 10/09/01

New Horizons  
199 Manchester St  
3:00 to 4:30 PM  
Manchester Community  
Resource Center  
177 Lake Ave  
5:00 to 7:00 PM

### • Thursday 10/11/01

Lincoln & Concord St  
4:30 to 5:00 PM  
Beech Hill Ave  
5:00 to 6:30 PM

### • Tuesday 10/16/01

Conant & South Main St  
4:30 to 6:30 PM

### • Thursday 10/18/01

Ken's Pharmacy  
36 Elm St  
3:30 to 6:30 PM

### • Tuesday 10/23/01

Vista Foods, East  
Wilson & Valley St  
4:30 to 6:30 PM

### • Thursday 10/25/01

To Be Announced

### • Tuesday 10/30/01

No Van

